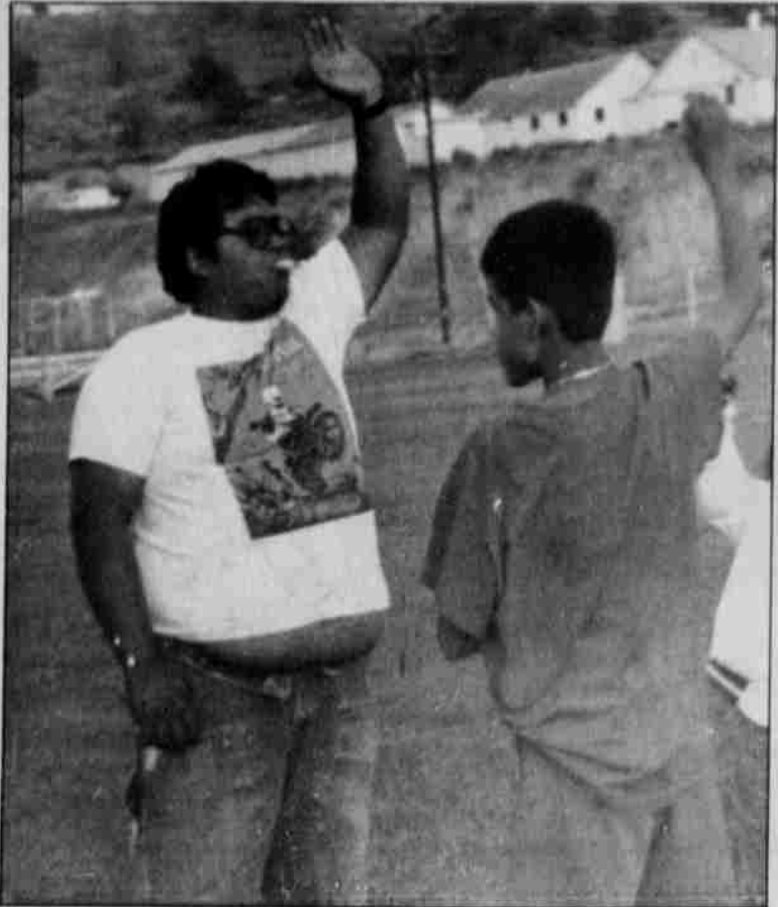


## Picnic brings employees together for fun



Games, raffle prizes and good food highlighted the 1993 Employee Picnic held August 26 at the Community Center grounds.



## CIS to meet

The Commission on Indian Services will hold its next meeting Friday, September 17 at the Commission Conference Room, 454 State Capitol, in Salem.

The meeting will begin at 9 a.m. and conclude at 4:30 p.m. The agenda will include, among other items, a review of minutes, community reports, chairman's report and staff report. Also to be discussed will be the Portland corrections system task force, CIS goals and workplans, legislative review and a review of HB2004, which concerns the state commission on children and families. CIS meetings are open to the public. For more information, call 378-5481.

## SIPI offers tuition free education, training

Can't decide about your future? Consider job training and higher education for Native Americans at Southwestern Indian Polytechnic Institute in Albuquerque, New Mexico. A nationally accredited community college offering AA and AAS degrees, certificates and GED programs. Tuition is free and room and board is provided at no charge.

Registration begins September 8, 1993. Classes begin September 9, 1993. The last day to register is September 15, 1993.

Admission requirements are:

1. Application.
2. Certificate of degree of Indian blood.
3. High school transcript.
4. Current physical and immunization record.

Phone SIPI Recruitment at (505) 897-5362 or 897-5346.

Training, Tradition, Technology.

## Beware of trucks on Tenino Road

Log hauling in Tenino Valley began Thursday, August 19. Drivers are urged to use extreme caution when traveling the J-100 and J-200 roads and Highways 12 and 20 through Camp Sherman and toward Sisters. Haulers will be bringing some logs through Warm Springs to WSFPI while others will be going to other scaling sites south of the reservation. Those with CBs should know that trucks, while on the J-100 Road, will use CB channel 15.

**Parent Adolescents**  
Thursday, September 16, 1993 at 12:00 noon  
Upstairs of the Community Counseling Center  
Bring a lunch, will supply coffee.

**Parent Support Group**  
for parents with children age 0-11  
12:00 noon, Wednesday, September 15  
at the Community Counseling Center.

**Parenting Class**  
every Tuesday  
Next session to start September 14, 1993, 5:30-7:30 p.m.  
at the Community Counseling Center.



Print shop manager Joe Badoni cleans up water after an outside faucet, left on during the weekend, caused flooding in the shop. Damage was minimal.

## Warm Springs COCC Center open full time

The Warm Springs Central Oregon Community College Center is once again back to full-time hours. Hours are from 8 a.m. to 5 p.m., Monday through Friday.

Currently, the Center is without a Director. The college is working hard at getting the position filled and hope

to have this done in September.

On September 11, a special Saturday registration will be held from 8 to 11 a.m. for Fall Community Education classes. Registration will continue through the following week September 13 through September 17.

Classes scheduled for Fall term include:

include:

Mask Making, taught by Holly Anna Spino, starting September 28 from 7 to 9 p.m.

Beginning WordPerfect, taught by Mike Lofting, September 20 through November 1

Intro. to Native American Genealogy, taught by Beth Crow, from Wednesday, November 3 through November 17.

Keyboard/Typing, taught by Marilyn Hart on Thursdays from 6:30 to 8:30 p.m. beginning September 30 through December 16.

For more information, call the Center at 553-1428.

Quote: "Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps."  
David Lloyd George

## September 25 workshop celebrates diversity

Maria Casas returns to Jefferson County to cultivate the seeds sown in May's Cultural Sensitivity Event. "Looking Within" is a workshop designed to explore the greater community's diversity, its specific problems and its resources. The goal is for participants to leave the workshop with vitality to continue their efforts against intolerance and disrespect for differences, a rough draft sketch of possible solutions, and a genuine feeling of connectedness to existing community workshops.

Come to the workshop at the Warm Springs Community Center from 9:00 a.m. to 5:00 p.m. Saturday, September 25 at no charge.

For more information, please contact Melba at 382-9227. Sandwich "fixin's" and beverages will be provided. Participants are asked to bring contributions to the potluck picnic lunch, and stay to enjoy the

entertainment and activities celebrating our Central Oregon cultures. Maria also invites you to bring along a game, a story or song, a craft, something of your culture to share with the group. It will be a day to remember, and we hope to see you there.

Hosted by C.O.B.R.A. and Victim's Assistance in Warm Springs.

## Houser work on display until Sept. 15

An exhibition of twenty-one sculptures and eleven drawings by the internationally known contemporary Native American artist Allen Houser (Chiricahua Apache) will be on view at the newly opened Museum at Warm Springs in the Changing Exhibition Gallery through September 15, 1993. Houser is recognized as the patriarch of contemporary Native American sculptors. Last year

he was awarded the National Medal of Arts by President George Bush.

The Tribal Member Art Show opens in the museum's Changing Exhibition Gallery September 24, 1993 and continues through January 31, 1994. The juried exhibit will include works in all media by artisans of the Warm Springs, Wasco and Paiute tribes of the Confederated Tribes of the Warm Springs Reservation of Oregon.

## Legislative update

### Budget cuts expected

With the Tribe's 1994 budget process just beginning, the federal government is already looking to 1995. In fact, government agencies have been directed to reduce their discretionary budgets by ten percent in order to be able to "fund the President's investment initiatives within the budget caps" set by the Reconciliation bill. Those discretionary programs are those that are no longer a high priority, are of questionable effectiveness or which other levels of government could perform. Cost savings from federal program consolidation or restructuring are also a consideration.

Ten percent reductions applied to the BIA and IHS would be in the \$300 million range, with BIA taking a \$140 million cut and IHS taking a \$160 million cut. A Senate committee on Indian Affairs Oversight hearing on the 95 budget for BIA and IHS will probably be held sometime this month as tribal governments express increasing concern over potential reduction recommendations by budget staff.

The BIA budget staff have already prepared a listing of programs likely to come under the knife. The Tribal/BIA Reorganization Task Force will likely perform an important role in the coming months in setting the 1995 budget priorities for the BIA.

### Interior committed to protection of assets

Dan Beard is the new Commissioner of Bureau of Reclamation. He announced in a July 2 memo that "Indian trust assets are legal interests in property held in trust by the US for Indian tribe or individuals. The Secretary of the Interior is the trustee for the US on behalf of Indian Tribes. All departments of the Interior, including the Bureau of Reclamation, share the Secretary's duty to act responsibly to protect Indian trust assets." The Indian Trust Policy statement commits to protect trust assets, avoid adverse impacts when possible and provide appropriate mitigation or compensation.

From American Indian Legislative Update

## Bend Museum to celebrate archaeology

The High Desert Museum in Bend will celebrate Oregon Archaeology Week with pioneer skills demonstrations Monday through Friday, September 13-17 between 10 a.m. and 3 p.m.

The demonstrations, performed by Museum volunteers in costume, will include butter churning, frontier medicine, spinning, rope splicing and rug hooking. Part of the first annual Oregon Archaeology Week, the demonstrations are intended to show the resourcefulness of pioneers who traveled the Oregon Trail and settled their homesteads. Many hands-on opportunities will be available for participants.

"Pioneer Skills Along the Oregon Trail" is included with Museum admission. For more information, call 382-4754.

## Industrialized food provides poor diet

Over fifty people from the community were a part of the first presentation about the effects of industrialized food on their diet presented by Jolene Estimo, Jan & Rainier Billingsly. There were several concerns and questions that arose about diabetes, arthritis and many other health related illnesses. Many of the Warm Springs youth study students made commitments toward eating and drinking more healthy foods. The teenagers were able to see the difference between what their ancestors had eaten and the food choices now available.

"It was interesting to learn about processed foods, what is missing in those foods and the supplements that are available" commented Ted Barney of Warm Springs. "I think it would be nice for people to see the water presentation. Also it's interesting that people are so into fitness and exercise but don't really think about nutrition" said Dorothea Barney.

It is no surprise that diabetes and arthritis were the most commonly found diseases in the community. We would like to see more people prevent these and less medication. Please fill out the following questionnaire and bring your questions to our talk on Thursday, September 9, 12:00 noon and 5:30 p.m. at the OSU Extension office located in the old boy's dorm next to the grade school. Call 553-3238 for more information.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

What kind of degenerative diseases run in your family? (cancer, heart disease, diabetes, arthritis, etc.) \_\_\_\_\_

Do you get sick often? (allergies, virus, flu, sore throat, colds) \_\_\_\_\_

About how many colds do you have a year? (1 or more) \_\_\_\_\_

Have you ever taken antibiotics? How often? \_\_\_\_\_

How are your vital statistics - cholesterol, blood pressure, etc.? Do you use any medication? \_\_\_\_\_

Are you tired much? (AM, PM, after meals) \_\_\_\_\_

How would you rate your energy? (1 wiped out to 10 dynamo) \_\_\_\_\_

Do you eat out much? (daily, weekly, etc.) Where? \_\_\_\_\_

Do you drink coffee? \_\_\_\_\_ How much? \_\_\_\_\_

Do you smoke? Do you drink? How much? \_\_\_\_\_

What kind of exercise do you do? \_\_\_\_\_

How often? \_\_\_\_\_ How long? \_\_\_\_\_

What would you like to improve in your health? (i.e. weight loss, healthier skin, more even energy) \_\_\_\_\_

On a scale of one to ten, how committed are you to taking care of your health and well-being in the future? \_\_\_\_\_



Three local youths worked as cadets this summer with the Warm Springs Police Department. Each received special recognition at the end of the program. Maria Colazo, far right next to acting captain of police Oswald Tias, received the Cadet of the Year Award and the Academic Award. Richard Tewee, left, next to supervisor Jack McClelland, received an Appreciation Award and the Physical Fitness Award. Shawn Courtney, center, received an Appreciation Award as well. Each of the cadets worked in four different areas of police work: patrol, communication, corrections and administration.

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## HIV/AIDS tests available

Jefferson County Health Department offers anonymous and/or confidential HIV/AIDS testing services at their Family Planning Clinic in the basement of the Vern Jackson Home in Warm Springs. Services include pre- and post-test counseling, blood testing for the HIV virus, and linkage to community agencies as needed.

Anonymous testing means the client is assigned a number only for clinic purposes—names are not exchanged. Confidential testing is, like all our services, confidential, but information goes into a regular client chart.

Fees are charged on a sliding-scale basis, according to income. Please call 475-4456 to set up an appointment. The clinic is open to tribal and non-tribal residents.